

‘Holistic Dentistry’: A Natural Approach To Dental & Oral Health – Review Article

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ABSTRACT:

Holistic dentistry is one among the archaic practice of dentistry. Unlike Traditional dental practice dealing with the head and neck, holistic dentistry deals with the overall health of an individual. This review paper focuses on principles and different types of natural approaches like ayurveda, aromatherapy, nutritional therapy, neural therapy.

KEY WORDS: Ancient dentistry, Ayurveda, Holistic approach

INTRODUCTION:

Biologic dentistry or Holistic dentistry is an ancient alternative approach based on the concept of mouth and oral health. The term “HOLISM” is derived from the Greek word name ‘Holos’ meaning ‘whole’. Holistic dentistry is also known as biological dentistry, unconventional dentistry or biocompatible dentistry. Conventional dentistry usually deals with the head and neck along with the oral cavity in general, but holistic dentistry deals with complete overall health and oral health of the person. Origin –The concept of unconventional dentistry was developed in the late 19th century, when the harmful effects of amalgam /mercury fillings were recognized. It encourages the usage of non-toxic restorative materials with incorporation of ancient techniques like acupuncture, Ayurveda and

other neural therapies. Though this concept and practice has brought a revolution some of the complementary methods are still under criticism.¹

This review article analyses the concept of usage of Holistic dentistry in relation to conventional/Traditional dentistry. Approach to dentistry that encompasses both modern science and knowledge drawn from the worlds ancient traditions.²

Hypothesis:

The concept of Holistic dentistry believes that after certain dental procedures like root canal , a localized infection will always in the tooth ,Thus the infection can cause a negative impact to the immune system of the entire body.³ Many chronic degenerative conditions, such as arthritis, infective endocarditis, neurological disorders and even cancer are likely to spread due to the localized infected root canals.

Theory:

A holistic dentist follows biological and natural-based dental care with six components

- 1) Bio-chemical balance
- 2)Biocompatibility
- 3)Biomechanics
- 4)Bio-esthetics
- 5)Bioethical care
- 6)Bioenergetics.

The basic fundamentals are as following:

1. Prevention and treatment of dental malocclusion.
2. Bite problem and physical imbalance
3. Avoidance and elimination of toxins from various dental materials.
4. Prevention and treatment of gingival diseases and its biological
5. Intake of proper nutrition for prevention and reversal of regenerative dental disease.

COMPONENTS:

Ayurveda : Is one of the ancient medical systems practiced in India which is nearly about 5000 years old which emphasizes mind , body and spirit remedies , Ayurvedic medications have nature's own remedies, formulated herbal tooth paste and powder are available which are very safe and effective for numerous diseases . Ingredients are combined in such a way that they help in cleansing of teeth and as well as preventing various dental problems such as dental pain ,fibrosis of mouth ,bleeding gums due to poor eating habits ,betel nut chewing ,formation of tartar and over all poor dental strength .

Aromatherapy: ⁴Aroma therapy is the usage of pure oil essences from plants and flowers that help in acting as hormone like stimulants that help in improving the balance in the patients over all health. These oils are pure, gentle and natural, oils such as lavender, basil, sandalwood and bergamot these oils have their own benefits to soothe, relax, and calm.

Hypnosis: ⁷Hypnosis is practiced in patients who are able to relax their bodies and mind by concentrating on instructions, the patient is completely aware of what is happening during the treatment and no drugs are incorporated. There are various uses of hypnosis in dentistry

1. To reduce dental phobia
2. To relax the patients
3. To reduce the bleeding & salivary flow during the procedures
4. To promote healing
5. To prevent gagging, habit of thumb sucking and cheek biting.

Oral Probiotics: Probiotics are defined as living microbes, or food ingredients containing living microbes, that beneficially influence the health of the host when it is used in adequate numbers.

⁸Traditional, probiotic use was restricted for curing of gastrointestinal infections, but now they are used for promoting oral health worldwide.

Homeopathy: Homeopathy is used as natural approach to their practice,⁶ it is safe and natural alternative which is effective, non – addictive approach which is safe in both adults and children, the three main remedies that are considered by the holistic dentists are as follows

1. Aconite
2. Gelsemium
3. Silver nitrate

Homeopathic remedies have been found to be effective for conditions such as dental caries, dental abscess, and oral lesions and post extraction bleeding.⁹

Nutrition: Holistic approach believes that stress and tension are linked with the diet of the individual.¹⁰ Dietary deficiencies or excesses leads to increase in body's need for essential vitamins and minerals. Malnutrition can also increase the severity of oral infections and may lead to evolution of life- threatening diseases, it is also known for increasing the severity of oral mucosal lesions and periodontal diseases.

1. Fermented food which are rich in probiotics must be a part of the daily diet.¹¹
2. Enzymes such as Serratia which help in cleaning up plaque and breakdown biofilm.
3. Deficiency of Fat soluble vitamins such as vitamin K2 and D3 can alter the gut bacteria
4. Supportive vitamins and minerals such as magnesium ,phosphorus, Vit C and other amino acids should be implemented in the diet
5. Botanical oils are among the best in supporting optimal oral care: botanical oils such as cayenne, cardamom, cinnamon, clove, mastic, neem, oregano, peppermint, rose & tea tree oil.

Holistic Approach In Dental Clinic:⁵ Holistic dentist performs restorations, X-rays and anesthesia in a biological way. There is usage of Water filters, Biocompatible tests, Phase contrast microscopes, Digital X-rays and Cone-beam CT, Ozone & Oxygen therapy, Root canal treatment, Mercury - free dental practice, Fluoride and water fluoridation.

Goal:

The main goal of holistic dentistry is that the dentist should identify the areas that need of treatment and provide the patients with less stress and pain .holistic dentists investigate hidden infections of dental origins and find it out whether the infection is a contributing factor to over-all health problems .

CONCLUSION:

Holistic dentistry is an ancient yet an emerging field of health care which is known for its usage of natural, nontoxic & biocompatible approach of oral treatment, This type of treatment is a combination of various ancient as well as modern alternatives of curing of oral health conditions. Holistic therapies believe in treating the root cause rather than only curing the symptoms.¹²

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